



## Sandwich Menu - All served with chips

*Add a side of Quinoa Salad to any \$2.50*

- Chicken & Brie.....\$10.25  
*Ciabatta, bruschette, spinach, chicken, brie.*
- Garden Vegetable (Vegan).....\$9.00  
*Organic multigrain, avocado hummus, cucumber, leafy greens, sprouts.*
- Curry Chicken Wrap.....\$10.00  
*Naan, leafy greens, curry chicken salad.*
- Smoked Salmon.....\$10.00  
*Pumpernickel, lemon dill cream cheese, capers, leafy greens, smoked salmon.*
- Albacore Tuna Melt.....\$10.00  
*Ciabatta, provolone, tomato, tuna salad, leafy greens, aioli.*
- Grove Club.....\$10.25  
*Ciabatta, tomato, leafy greens, garlic sprouts, chicken, bacon, aioli.*
- Down Home Donair.....\$10.50  
*Naan, provolone, green onions, tomato, donair, sauce.*
- Grilled Cheese.....\$6.25  
*Ciabatta, provolone.*

- Quinoa Power Bowl (*Vegan, Gluten Free*).....\$10.00  
*Spinach, quinoa salad, chia seeds, hemp hearts, nutritional yeast, sprouts.*
- Add: ➤ Avocado Hummus.....\$3.50
- Curry Chicken.....\$4.00
- Smoked Salmon.....\$4.00
- Tuna Salad.....\$4.00

## Morning Menu

Served until 11:30am

- Garden Egg Bite.....\$2.75  
*Egg, cheddar cheese, garden vegetables.*
- Breakfast Biscuit.....\$4.75  
*Toasted tea biscuit, garden egg bite, aioli.*
- Avocado Toast.....\$8.00  
*Toasted multigrain, avocado hummus, tomato, chia seeds, hemp hearts, aioli.*
- NB Blueberry Smoothie.....\$6.00  
*Almond milk, banana, NB blueberries, almond butter, chia seeds, hemp hearts, cinnamon.*
- Lemon Cranberry Muffin.....\$3.50
- Side of Bacon.....\$1.00